

I'm going to ask questions about your drinking and eating habits during you lifetime. We'll start with your diet when you were in your teens, then we'll talk about periods in your life when you diet changed. Think back to your early teens, specifically when you were 13 years old, and answer these questions about the foods and beverages you typically ate and drank then. We are interested in your usual diet in when you were 13. "Typical" and "usual" means foods and beverages you ate or drank five or more times a year.

Let's start with beverages.

A. (When you were 13), Did you drink (<u>BEVERAGE</u>):	B. How many times per day, week, month, or year did you usually drink (<u>BEVERAGE</u>)?	C. What was your typical serving size? (SHOW CARDS)	
1. regular coffee? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ (SM. CUP, (LG. CUP, 6-8 OZ.) 10-12 OZ.)	
2. hot regular tea? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ (SM. CUP, (LG. CUP, 6-8 OZ.) 10-12 OZ.)	
3. hot decaffeinated but not herbal tea? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ (SM. CUP, (LG. CUP, 6-8 OZ.) 10-12 OZ.)	
4. hot herbal tea? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ (SM. CUP, (LG. CUP, 6-8 OZ.) 10-12 OZ.)	

<p>5. iced regular tea?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/ /___/ /___/ (SM. CUP, (LG. CUP, 6-8 OZ.) 10-12 OZ.)</p>	
<p>A. (When you were 13), Did you drink (<u>BEVERAGE</u>):</p>	<p>B. How many times per day, week, month, or year did you usually drink (<u>BEVERAGE</u>)?</p>	<p>C. What was your typical serving size? (SHOW CARDS)</p>	
<p>6. iced decaffeinated tea?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/ /___/ /___/ (GLASS, (CAN/ (24 OZ. SUPER) 8 OZ.) LG GLASS 12 OZ.)</p>	
<p>7. iced herbal tea?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/ /___/ /___/ (GLASS, (CAN/ (24 OZ. SUPER) 8 OZ.) LG GLASS 12 OZ.)</p>	
<p>8. fruit or vegetable juice?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/ /___/ /___/ (SMALL (GLASS, (PINT, GLASS 8 OZ.) 16 OZ.) 4 OZ.)</p>	
<p>9. caffeinated soft drinks (soda or pop, either diet or regular)?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/ /___/ /___/ (GLASS, (CAN/ (24 OZ. SUPER) 8 OZ.) LG GLASS 12 OZ.)</p>	

<p>10. caffeine-free soft drinks (soda or pop, either diet or regular)?</p> <p>1 YES →</p> <p>5 NO</p> <p>↓</p>	<p>/____/____/____/</p> <p>(# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/____/ /____/ /____/</p> <p>(GLASS, (CAN/ (24 OZ. SUPER)</p> <p>8 OZ.) LG GLASS</p> <p> 12 OZ.)</p>	
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A. (When you were 13), Did you drink (<u>BEVERAGE</u>):	B. How many times per day, week, month, or year did you usually drink (<u>BEVERAGE</u>)?	C. What was your typical serving size? (SHOW CARDS)	
21. liquor , such as scotch, whiskey, gin, tequilla, rum, vodka, liqueurs, etc.? 1 YES → 5 NO (NEXT SECTION)	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____ (SHOTS, 1 OZ.)	

Next, I'll ask you about meats, fish, dairy, and other foods you ate when you were 13 years old.

A. (When you were 13) Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
22. ground beef , including hamburgers, cheeseburgers, meat loaf, and ground beef mixed into dishes like casseroles or lasagna? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (4 OZ. (8 OZ. PATTIE) DOUBLE PATTIE)	D. Was the meat usually: regular, or 1 lean? 2 E. Was the meat usually: rare, 1 medium, or 2 well-done? 3
23. beef , such as steaks or roasts? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ → (OUNCES)	D. Was the beef usually: regular, or 1 lean? 2 E. Was the beef usually: rare, 1 medium, or 2 well-done? 3
24. pork or lamb , such as chops, ribs, or roasts, but not including bacon or sausage? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ → (OUNCES)	
25. chicken ? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ → (THIGH (HALF- (WING) OR BREAST) DRUMSTICK)	D. Was your chicken usually fried? YES 1 NO 5 E. Did you usually eat the skin? YES 1 NO 5 F. Was the chicken usually: light, 1 dark, or 2 light and dark? 3

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
26. turkey? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ /____/ → (THIGH (HALF- (WING) OR BREAST) DRUMSTICK)	D. Did you usually eat the skin? YES 1 NO 5 E. Was the turkey usually: light, 1 dark, or 2 light and dark? 3
27. duck? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ /____/ → (THIGH (HALF- (WING) OR BREAST) DRUMSTICK)	D. Did you usually eat the skin? YES 1 NO 5 E. Was the duck usually: light, 1 dark, or 2 light and dark? 3
28. hot dogs or frankfurters , not including sausage? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ → (REGULAR (JUMBO SIZE) SIZE)	D. Were they usually made of: beef, 1 pork, or 2 turkey or chicken? 3
29. cold cuts or lunch meats made of ham, pork, or beef? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ → (1-OZ. SLICE)	D. Were they usually: regular or 1 low fat? 2
30. cold cuts or lunch meats made of chicken or turkey? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ → (1-OZ. SLICE)	D. Were they usually: regular or 1 low fat? 2

<p>31. bacon?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/____/ (SLICES)</p>	
<p>A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):</p>	<p>B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?</p>	<p>C. What was your typical serving size? (SHOW CARDS)</p>	
<p>32. sausage, including kielbasa and half-smokes?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/____/ /___/____/ /___/____/ → (LINKS) (PATTIES) (SLICES)</p>	<p>D. Was it usually made of:</p> <p>beef, 1 pork, 2 turkey or chicken, or 3 combination of meat? 4</p>
<p>33. canned tuna?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/____/ → (OUNCES OR QUARTER CUPS)</p>	<p>D. Was it usually packed in:</p> <p>oil or 1 water? 2</p>
<p>34. fresh or frozen fish, including seafood and shellfish?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/____/ → (4 OZ. OR 1 SANDWICH)</p>	<p>D. Was it usually:</p> <p>grilled or fried, 1 steamed, baked, or broiled, 2 raw, or 3 smoked? 4</p>
<p>35. whole eggs, not including egg substitutes or egg whites only?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/____/ (EGG)</p>	

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
36. peanut butter and other nut butters? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	
37. mayonnaise or miracle whip? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Was it usually: regular, 1 low-fat, or 2 fat-free? 3
38. salad dressings, tartar sauce, sandwich spreads? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Was it usually made of mostly: corn oil, 1 soy oil, 2 olive oil, or 3 another oil? 4
39. margarine (on bread, added to vegetables, potatoes, pasta, etc.)? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Was it usually: regular, 1 low-fat, or 2 fat-free? 3
40. butter (on bread, added to vegetables, potatoes, pasta, etc.)? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ → (PATS) (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Was it usually: regular or 1 a combination of butter and oil? 2

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
41. sour cream? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ → (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Was it usually: regular, 1 low-fat, or 2 fat-free? 3
42. Did you use fats in cooking? 1 YES → 5 NO ↓	B. How many times per day, week, month or year did you usually use fat in cooking? /____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ /____/ → (TSPS) (TBLS) LEVEL 1 ROUNDED 2 HEAPING 3	D. Did you usually use: olive oil, 1 canola oil (rapeseed oil), 2 lard, 3 other oils, 4 margarine or vegetable shortening, or 5 butter? 6
43. olives? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ (# OF OLIVES) SMALL 1 MEDIUM 2 LARGE 3	
44. cheese, cheese spread, or cream cheese? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ → (OUNCES) (One ounce is about one slice)	D. Was it usually: regular, 1 low-fat, or 2 non-fat? 3
45. crackers? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/____/ → (# OF CRACKERS) SMALL 1 MEDIUM SQUARE 2 MEDIUM ROUND 3 LARGE 4	D. Were they usually: regular, 1 low-fat, or 2 non-fat? 3

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
46. chips , including potato chips, corn chips, tortilla chips, fruit chips, and vegetable chips? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ → (OUNCES) (SMALL BAG) (10 CHIPS TO AN OUNCE)	D. Were they usually: regular, 1 low-fat, or 2 non-fat? 3
47. popcorn? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ → (CUPS OF POPPED CORN)	D. Was it usually: regular microwaved, 1 low-fat microwaved, 2 fat-free microwaved, 3 popped in oil, 4 air-popped with no butter, 5 air-popped with butter, 6 popped with butter, or 7 pre-popped? 8
48. ice cream? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ → (HALF-CUPS) (CUPS)	D. Was it usually: regular, 1 low-fat, or 2 non-fat? 3
49. frozen yogurt? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ → (HALF-CUPS) (CUPS)	D. Was it usually: regular, 1 low-fat, or 2 non-fat? 3
50. doughnuts? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ → (# OF DOUGHNUTS)	D. Were they usually: regular, 1 reduced fat, or 2 non-fat? 3

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
51. cookies? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (1- TO 2-IN.) (4- TO 5-IN.)	D. Were they usually: regular, 1 reduced fat, or 2 non-fat? 3
52. pastries, danish, small pies, or pie pieces? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ → (SLICES OF PIE) (PASTRIES) REGULAR 1 LARGE 2	D. Were they usually: regular, 1 reduced fat, or 2 non-fat? 3
53. cake? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ → (PIECES OF CAKE) REGULAR 1 LARGE 2	D. Were they usually: regular, 1 reduced fat, or 2 non-fat? 3
54. granola-type cereal? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (3/4 CUP)	D. Was it usually: regular or 1 low-fat? 2
55. macaroni and cheese? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (3/4 CUP)	

A. (When you were 13), Did you eat (<u>MEAT/FISH/DAIRY/OTHER</u>):	B. How many times per day, week, month, or year did you usually eat (<u>MEAT/FISH/DAIRY/OTHER</u>)?	C. What was your typical serving size? (SHOW CARDS)	
<p>56. pizza?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/___/ (# OF SLICES)</p> <p>SMALL 1</p> <p>REGULAR 2</p>	
<p>57. french fries?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1</p> <p>PER WEEK 2</p> <p>PER MONTH 3</p> <p>PER YEAR 4</p>	<p>/___/___/ → (# OF CUPS)</p> <p>SMALL 1</p> <p>REGULAR 2</p>	<p>D. Were they usually:</p> <p>fried or 1</p> <p>heated in the oven? 2</p>

We'll discuss vegetables now. Some of the questions ask about cooked and raw vegetables separately.

A. (When you were 13), Did you eat (<u>VEGETABLE</u>):	B. How many times per day, week, month, or year did you usually eat (<u>VEGETABLE</u>)?	C. What was your typical serving size? (SHOW CARDS)	
58. cooked broccoli? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)	
59. raw broccoli? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)	
60. sauerkraut? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)	
61. cooked cabbage? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)	
62. raw cabbage or cole slaw (not including kim chee)? 1 YES → 5 NO ↓	/___/___/___/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)	

A. (When you were 13), Did you eat (<u>VEGETABLE</u>):	B. How many times per day, week, month, or year did you usually eat (<u>VEGETABLE</u>)?	C. What was your typical serving size? (SHOW CARDS)	
63. oriental pickled vegetables , such as salted cabbage or kim chee? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ /_____/ (1/4 CUP) (1/2 CUP) (CUPS)	
64. cooked cauliflower? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ /_____/ (1/4 CUP) (1/2 CUP) (CUPS)	
65. raw cauliflower? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ /_____/ (1/4 CUP) (1/2 CUP) (CUPS)	
66. cooked brussel sprouts? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ /_____/ (1/4 CUP) (1/2 CUP) (CUPS)	
67. cooked mustard greens, spinach, kale or collard greens? 1 YES → 5 NO ↓	/____/____/____/ (# OF TIMES) PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4	/_____/ /_____/ /_____/ (1/4 CUP) (1/2 CUP) (CUPS)	

<p>68. avocado, including guacamole?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/ /___/ /___/ (TBLS) (1/2 CUP) (AVOCADO HALVES)</p>	
<p>A. (When you were 13), Did you eat <u>VEGETABLE</u>):</p>	<p>B. How many times per day, week, month, or year did you usually eat (<u>VEGETABLE</u>)?</p>	<p>C. What was your typical serving size? (SHOW CARDS)</p>	
<p>69. raw watercress?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/ /___/ /___/ (1/4 CUP) (1/2 CUP) (CUPS)</p>	

A. (When you were 13), Did you eat (FOOD):	B. How many times per day, week, month, or year did you usually eat (FOOD)?	C. What was your typical serving size? (SHOW CARDS)	
70. steamed or fresh tofu , either plain in Asian dishes or in salads? <div>1 YES →</div> <div>5 NO</div> <div>↓</div>	<div>/___/___/___/</div> <div>(# OF TIMES)</div> <div>PER DAY 1</div> <div>PER WEEK 2</div> <div>PER MONTH 3</div> <div>PER YEAR 4</div>	<div>/___/ /___/ /___/</div> <div>(1/3 (1/4 (1/2</div> <div>BLOCK BLOCK BLOCK</div> <div>OR OR 1/2 CUP) OR 1 CUP)</div> <div>2 SMALL</div> <div>CUBES)</div>	
71. fried tofu , such as tau foo pok? <div>1 YES →</div> <div>5 NO</div> <div>↓</div>	<div>/___/___/___/</div> <div>(# OF TIMES)</div> <div>PER DAY 1</div> <div>PER WEEK 2</div> <div>PER MONTH 3</div> <div>PER YEAR 4</div>	<div>/___/ /___/ /___/</div> <div>(1/4 CUP) (1/2 CUP) (CUPS)</div>	
72. tau foo kwa, tofu gan, or pressed tofu? <div>1 YES →</div> <div>5 NO</div> <div>↓</div>	<div>/___/___/___/</div> <div>(# OF TIMES)</div> <div>PER DAY 1</div> <div>PER WEEK 2</div> <div>PER MONTH 3</div> <div>PER YEAR 4</div>	<div>/___/ /___/ /___/</div> <div>(1/4 CUP) (1/2 CUP) (CUPS)</div>	
73. western vegetarian meats made with soy products or soyburgers? <div>1 YES →</div> <div>5 NO</div> <div>↓</div>	<div>/___/___/___/</div> <div>(# OF TIMES)</div> <div>PER DAY 1</div> <div>PER WEEK 2</div> <div>PER MONTH 3</div> <div>PER YEAR 4</div>	<div>/___/ /___/ /___/</div> <div>(1 (1 PATTY (1 LARGE</div> <div>MEAT- OR 1 SLICE PATTY)</div> <div>BALL) MEATLOAF)</div>	
74. soy beans? <div>1 YES →</div> <div>5 NO</div> <div>↓</div>	<div>/___/___/___/</div> <div>(# OF TIMES)</div> <div>PER DAY 1</div> <div>PER WEEK 2</div> <div>PER MONTH 3</div> <div>PER YEAR 4</div>	<div>/___/ /___/ /___/</div> <div>(1/4 CUP) (1/2 CUP) (CUPS)</div>	

A. (When you were 13), Did you eat (FOOD):	B. How many times per day, week, month, or year did you usually eat (FOOD)?	C. What was your typical serving size? (SHOW CARDS)	
<p>75. miso soup?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/</p> <p>(4-6 OZ. OR ABOUT 1/2 CUP)</p>	
<p>76. soy sauce or shoyu?</p> <p>1 YES →</p> <p>5 NO ↓</p>	<p>/___/___/___/ (# OF TIMES)</p> <p>PER DAY 1 PER WEEK 2 PER MONTH 3 PER YEAR 4</p>	<p>/___/ /___/</p> <p>(TSPS) (TBLS)</p>	